




RUN FAST AND STAND STRONG
USE METRO AR TO SEE BOSTON COME TOGETHER; PLUS, LOCAL WOMAN RETURNS A YEAR AFTER BOMBINGS **PAGES 3, 8**

... but the expert told me to have more sex
Tips on living your best life **PAGE 19**

Moose in need of a win indeed
Halifax hoping to change fortunes in Val-d'Or after two losses at home **PAGE 21**

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Radio 96.5 FM

The scoop on HRM's spring cleanup



Dogs and their owners enjoy the weather in Point Pleasant Park on Monday. MITCH WARD/FOR METRO

Call of doody. Holy crap, Halifax — it's pretty messy out there

 **RUTH DAVENPORT**
ruth.davenport@metronews.ca

The grudging dissipation of snow this month has left HRM coated in a residue of sand, salt and cigarette butts — and it reveals some people have been doggone delinquent about picking up after their pets.

An HRM spokesperson says dog poop is an unfortunate and prominent feature of the winter-spring transition, as the snowbanks that concealed a winter's worth of unbagged droppings disappear, leaving a foul fecal culmination in local parks.

"It is a very natural thing, but it is not the most pleasant thing to have to walk through or have to look at when you're out on your walk," said Jennifer Stairs.

The city launched its spring cleanup efforts in early April, with crews scouring the municipality's streets, sidewalks and parks of the

trash that gets dropped or blown around and then entombed in snow and ice.

"I hate to isolate it as a coffee-cup issue, but it's that whole coffee-cup, chip-bag kind of stuff," said Don Pellerine, HRM's superintendent of streets and sidewalks.

Pellerine's crews sweep sidewalks and traffic islands by hand, clearing off sand and salt and pressure washing the cracks free of smaller detritus. Streets get cleaned, roads graded and graffiti obliterated from any municipal property.

"We can't use water pressure sprayers when it's minus 20, so a lot of that has to wait until we get the temperatures in our favour," said Pellerine.

Well that stinks

"(Dog poop) is worse this time of year because it is the accumulation, you're seeing more of it at the same time. But it certainly is a problem throughout the year." Jennifer Stairs, HRM spokesperson

While man-made litter is unsightly, the dog-made waste carries more of an ick factor. Stairs said city crews will scoop any poop on paths

or roadways, but scat that's scattered in the woods or out of the way is left to Mother Nature.

She said crews have to prioritize their work — and any resident who doesn't like it has options.

"One, pick up after your pets," she said. "Two, if you see it happening or know of it happening in a particular park ... call 311 and report it so we know there's a record and we can send staff out accordingly."

There's no health or safety concern related to unscooped poop, but Pellerine said the spring cleanup is more about psychology than anything else.

"Everyone wants a clean,



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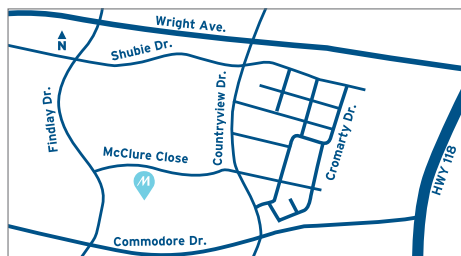
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'Another great experience': Local runner in Boston

Winning over fear.
Dartmouth runner shows no fear lacing them up again at Boston Marathon

CHRISTINE BENNETT
halifax@metronews.ca

The events at last year's Boston Marathon left some people concerned for this year's runners, but for Dartmouth's Denise Robson, it was just another race.

Runners from around the world gathered in Boston on Monday, a year after a pair of pressure cooker bombs killed three people and wounded 264 when they exploded near the finish line on April 15, 2013.

When Robson returned to Nova Scotia after the 2013 marathon, one of the first things her daughter asked was, "You aren't going back, are you?"

"Of course I am," Robson responded.

Instead of letting fear take control, runners like Robson were back out there Monday to show support for the event

and the city, and to prove that they haven't been defeated.

Robson, a former Boston champion in the 40-and-over division, finished 1,264th overall, 69th among the women and second in the 45-49 division — which came as a surprise to her since she forgot she'd entered a new age division.

She finished the 42.2-kilometre race in 2:53:16, the best mark for a Nova Scotia woman in the race.

"The marathon's a daunting distance.... I'm extremely happy it's done with," she said from Boston, several hours

Quoted

"Out on the course, the crowds were crazy."

Dartmouth runner Denise Robson on the crowds at the Boston Marathon

crossing the finish line. "It was another great experience."

Robson says it may not have been her best run, but it was "by far" her best finish after being neck and neck with others for much of the race.

About 36,000 runners registered this year — 9,000 more than last year — making it the

second largest number the marathon's ever seen.

Robson was one of more than 120 Nova Scotians who ran the course. Last year, just under 100 Nova Scotians participated.

She said the camaraderie was stronger than ever this year, with athletes motivating each other and the community rallying to make it a positive experience.

"Being in the athlete village, this is the most talkative they've been. It's usually pretty quiet. This year, everybody was out more, talking more," she said.



If you enjoy a bike ride during a warm spring day, you'll like this forecast

Cyclists take advantage of the warm weather on Monday for a ride along the Halifax boardwalk. Temperatures reached 10 C on Monday and are forecast to be even warmer on Tuesday.

JEFF HARPER/METRO

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Man flees as fire engulfs home, threatens others

Windsor. Firefighters say they were lucky the wind was with them in containing the blaze

A Windsor man is homeless following an early morning house fire Monday that saw firefighters work feverishly to contain the flames from spreading to nearby properties.

The firefighters managed to save the neighbouring homes from extensive damage. However, the initial home, located at the corner of Wiley Avenue and Albert Street adjacent to the old Windsor legion building, could not be salvaged.

Windsor Fire Chief Scott Burgess said the call for help came in around 4:30 a.m.

"What we understand is it started at the front of the structure and went into the whole structure. The one tenant that lived in the structure was able to get out," Burgess said.

The fire chief said the man was unable to find his dog as he rushed from the burning building.

Emelie DeMont, who lives on Albert Street behind the home, received a call alerting the family of the fire shortly after it started.

She said the resident was lucky to get out of the burn-



Firefighters battle an early morning house fire Monday at the corner of Wiley Avenue and Albert Street in Windsor. Inset: Firefighters douse the remaining hot spots. COURTESY HANTS JOURNAL

ing home.

"The young fellow that was living there ... came out with the shirt on his back and

a pair of shorts on. He didn't even have shoes on. We gave him shoes so he'd have sneakers on his feet," she said.

"Thankfully he got out and nobody was harmed."

About three dozen firefighters from Windsor, Hantsport and Brooklyn responded to the emergency call.

Burgess said that when he arrived on scene the fire was

starting to spread to the unoccupied duplex next door. In addition, the historic former Windsor legion property was at risk of catching fire as well.

Burgess said they evacuated the former legion housing complex as a precaution due to the heat and close proximity of the flames.

"We were fearful it was going to go that way if the wind changed," said Burgess.

"Luckily, what little breeze was blowing was working with us. It was holding it away from there."

The fire is under investigation at this time.

Representatives from Windsor's Department of Public Works and Nova Scotia Power also assisted the local fire department.

DeMont said she was initially concerned the fire

would spread to their home and business.

Those fears were eased once the firefighters were on scene. She commended the volunteers on their quick response and ability to contain the flames.

"It was just a great job done by the Windsor Fire Department and all those involved," said DeMont.

HANTS JOURNAL

Gratitude

"They couldn't have been here in better time or looked after things in more of an efficient way. Thank God we have them."

Neighbour Emelie DeMont on the work done by firefighters

Robbers fire shotgun during home invasion

Cape Breton Regional Police are investigating a home invasion and shooting on Monday morning in Sydney Mines.

Police responded to a report of a home invasion and shooting at 603 Main St.

They say that at about 2:15 a.m., two people entered the

home with a loaded shotgun and demanded money.

The gun was fired, but no one was hurt and no money was turned over.

Anyone with information about the crime is asked to call Cape Breton Regional Police at 563-5151. CAPE BRETON POST



The property in Sydney Mines. CAPE BRETON POST

Road hog buys farm

It's not uncommon to hear of a deer on the side of the highway — but a pig?

RCMP spokesman Cpl. Scott MacRae confirmed the Colchester RCMP responded to a report of a pig on Highway 102 between Brookfield and Stewiacke on Saturday night.

"As a result of the investigation, it was determined

there was a farmer travelling southbound who was transporting three pigs when one of them broke free from the pen," MacRae said.

"It then jumped from the truck, or however a pig would get off the back of a truck."

The RCMP corporal said the pig suffered serious injuries and had to be put down.

"The farmer took posses-

Humans safe

Cpl. Scott MacRae said no motorists were injured during the pig's escape and no charges are pending against the farmer.

sion of the remains," he said. TRURO DAILY NEWS

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Fire chief asking province to twin section of Hwy. 104

A local fire chief says it scares him to think of how many people have died on a stretch of Trans Canada Highway in his district.

After responding to another fatal accident this past winter, Barney's River Fire Chief Joe MacDonald recently pleaded with the provincial government to make twinning a priority between Pictou County and Antigonish.

"Over my career as a volunteer firefighter, it scares me on how many people have died or were seriously hurt on the Trans Canada Highway thru my district," he wrote in his letter to provincial officials.

MacDonald said there have been nine fatal accidents on the stretch of highway that his department covers in the past five years. The most recent involved a young Cape Breton man who had just graduated high school early and was ready to attend a Newfoundland university.

"I hope you see the need of twinning this stretch of dead-

ly road ASAP even if it has to be a toll road. How many more people have to die?" he wrote.

MacDonald said he knows that when the alarm goes off for a call, the news is never good, but when it sends them to the highway, his firefighters expect the worst.

"In 2010, we had a run of bad accidents out there," he said in an interview. "They are not just hour-long incidents. With the oil tanker truck accident in 2010, we were there for 12 hours. It takes a big toll on the emo-

ince was going to make the twinning of this stretch of highway a priority.

Nova Scotia's transportation minister Geoff MacLellan responded by saying Phase 2 of the twinning project will be finished in 2016, and from this point on, discussions will continue with the federal government in regard to receiving funding from the Building Canada Fund.

He said Phase 1 of the twinning project came with a price tag of \$75 million, so the province needs the federal government's support to

Tragedy on the highway

"I do not know how many more people we can scrape off this highway."

Barneys River Fire Chief Joe MacDonald, in a letter to provincial transportation officials

tions of the firefighters and their families."

Pictou East MLA Tim Houston brought MacDonald's concerns to the legislature last week, asking if the prov-

continue with the project.

"We certainly have to get creative as a government on how we complete those projects," MacLellan said in the legislature. **NEW GLASGOW NEWS**

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Please contact for more information:

Chebucto West Community Health Board

3825 Joseph Howe Drive, Halifax
487-0571

laurie.macneil@cdha.nshealth.ca

www.cwchb.org



Man sent to hospital after collision

A man holds a child next to a pickup truck involved in an accident with a dump truck on Monday. Halifax Regional Police received a call at 11:15 a.m. to North West Arm Drive and Old Sambro Road after the two vehicles collided. The driver of the pickup truck was sent to hospital with non-life-threatening injuries. **JEFF HARPER/METRO**

Wanted man arrested

String of robberies.
Latest holdup happened at Quinpool Road Superstore



PHILIP CROUCHER
philip.croucher@metronews.ca

Halifax Regional Police say they have arrested a person of interest in two recent robberies after a similar robbery happened Monday afternoon at the Quinpool Road Superstore.

Staff Sgt. Reid McCoombs says Richard Hartlin, 38, was arrested by officers after a man entered the grocery store around 3 p.m. and allegedly handed a note to a cashier to turn over money from the till.

It was believed the man was also in possession of a weapon and he fled the store with an unknown amount of cash.



Richard Hartlin HANDOUT

A short time later, Hartlin was arrested along with another person on Gottingen Street near Cornwallis Street, police say.

Both men were arrested for their alleged involvement in the Superstore robbery.

Hartlin had been described as being armed and dangerous as police issued a plea for the public's help in locating him in relation to two other robberies,

and for breaching his parole conditions.

Shortly after 9 p.m. on Saturday, police responded to a robbery at the Petro Canada gas station on Herring Cove Road.

A man entered the store and handed the clerk a note demanding cash, displaying what appeared to be a firearm under his jacket. He fled with some money.

On April 16 just after 7:20 p.m., a male approached a cashier at Sobeys on Windsor Street and handed over a note demanding cash, indicating that he had a weapon. He was given money and left the store.

About an hour later, National Parole Services issued a Canada-wide warrant for Hartlin's arrest when he failed to return for his curfew at a Halifax-area halfway house.

There was no word on charges relating to the Superstore robbery.

Halifax Shopping Centre

Man hit in crosswalk

A 25-year-old man has been hospitalized after he was hit by a car in Halifax Monday.

Halifax Regional Police say a 25-year-old male driver was leaving the Halifax Shopping Centre heading for Bayers Road around 12:45 p.m. when he hit the victim who was crossing the street in a crosswalk. The pedestrian was taken to hospital with non-life-threatening injuries.

The driver was issued a summary offence ticket for failing to yield to a pedestrian in a crosswalk. **METRO**

Charlottetown. Savage to join fellow mayors for conference

Atlantic Canada's mayors will be meeting in Charlottetown at the end of this week.

Halifax Mayor Mike Savage will be joining his counterparts at the Atlantic Mayors Conference on Thursday and Friday to discuss various issues, including managing economic stimulation from the federal government, to the newly announced Building Canada Fund and the proposed cuts to rail infrastructure in New Brunswick.

As well, the issues and les-

In numbers

2

The number of times each year the Atlantic Mayors Conference is held. It takes place annually in October and April.

sons highlighted in the Ray Ivany report, recently put out by the province on the future of the Nova Scotia economy, will also be discussed.

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Boston shows its strength as thousands run the marathon

Resilience. Nearly 36,000 participate, including many kept from the finish line last year by the bombing that left three dead

Under heavy security that included surveillance cameras and police on rooftops, nearly 36,000 runners hit the streets Monday in the first Boston Marathon since last year's deadly bombing, sending a powerful message of resilience.

In what some saw as altogether fitting, an American won the men's division for the first time in more than 30 years, dominating a field that included many athletes who were prevented from completing the race last year.

The two pressure-cooker bombs that went off near the end of the course last year killed three and wounded more than 260 in a hellish spectacle of torn limbs, smoke and broken glass.

This year, police were

Unstoppable

"I showed up, I'm back, and I am going to finish what I didn't finish last year."

50-year-old Mary Cunningham, who was stopped a mile short of finishing last year's Boston Marathon by the deadly explosions.

deployed in force along the route, with helicopters circling above and bomb-sniffing dogs checking trash cans.

A total of 35,755 athletes were registered to run, the second-largest field in its history, with many coming to show support for the city and its signature sporting event. "Boston Strong" — the unofficial slogan adopted after the terrorist attack — was everywhere.

"I think I'm going to start crying at the starting line, and I'm not sure I'll stop until I cross the finish line," said Katie O'Donnell, a doctor who was stopped less than a mile from the end last year.

At 2:49 p.m., the time the bombs went off, spectators observed a moment of silence



Boston Marathon husband and wife bombing survivors Patrick Downes and Jessica Kensky, who each lost a leg in last year's attack, roll across the finish line in the 118th Boston Marathon Monday. ELISE AMENDOLA/THE ASSOCIATED PRESS

at the finish line. It was followed by some of the loudest cheers of the day as people

whooped, clapped and rang cowbells.

American Meb Keflezighi,

who had the names of last year's victims written on the corners of his race bib, won



Meb Keflezighi of San Diego wins at the Boston Marathon on Monday. CHARLES KRUPA/THE ASSOCIATED PRESS



Kenya's Rita Jeptoo wins the women's division of Monday's Boston Marathon. CHARLES KRUPA/THE ASSOCIATED PRESS

the men's title in two hours, eight minutes, 37 seconds.

THE ASSOCIATED PRESS

Sit back, relax — and open up a packet of powdered booze?

How's this for a revolutionary invention: turn a glass of water into rum by stirring in a packet of powdered alcohol.

Crazy? Not with Palcohol, a new product that claims to pack the punch of hard liquor in fine powder form. Just add it

to any food or liquid and presto: instant alcohol.

It's not on store shelves yet, but Palcohol has already cleared several regulatory hurdles in the U.S.: This month, the U.S. Alcohol and Tobacco Tax and Trade Bureau approved

package labels for the product.

"I thought maybe it was some sort of weird oversight or miscalculation," said Robert C. Lehrman, an attorney specializing in the regulation of alcoholic beverages, who said he has never seen anything like it.

According to the product's website, Palcohol was created by Mark Phillips, an Arizona man who wanted a portable form of alcohol for camping trips. Lehrman said he spoke to Phillips after learning about the label approval.

"He said he was working with the government for many years to get this approved," Lehrman said.

But don't expect to find Palcohol at your local liquor store any time soon. Lehrman cautioned that Phillips will have to

clear other hurdles.

"I would expect that they would be quite cautious about this," he said. "If you're making a lot of money selling Johnny Walker Blue or Heineken, do you really want to rock the boat with this?" **TORSTAR NEWS SERVICE**

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Families await grim news as Sewol ferry death toll rises

South Korea. After the bodies are pulled from the water, authorities try to identify the victims

Lee Byung-soo says he knew, when he saw his 15-year-old son's body in the tent. It could not have been more horrifically obvious. But he wanted so much for him to be alive.

"Stop sleeping!" the truck driver yelled as he hugged Lee Seok-joon. "Why are you sleeping so much? Daddy will save you!"

He pumped his son's chest and blew into his mouth to try to resuscitate him.

This is the kind of heart-break that awaits the families of about 220 people still missing from the submerged ferry Sewol, or at least those whose relatives' bodies are ultimately recovered.

The pace of recovering bodies has accelerated in recent days, since divers finally succeeded in entering the vessel. There were 86 confirmed fatalities as of Monday night.

After the bodies are pulled from the water, police and doctors look for forms of ID and take notes on the body's appearance, clothing and any identifying physical marks, said a Health Ministry official who spoke on condition of anonymity.

Lee Seok-joon arrived as Body No. 41. The sight of his son brought Lee to his knees. He later lashed out at a military doctor who was in the room removing Lee's son's clothes. "Don't touch my son!" he said. "He's still alive!"

Lee said Monday, as he escorted his son's body home by ambulance, that his right eye had completely decayed.

The captain of the ferry, Lee Joon-seok, first told passen-



A relative of a passenger aboard the sunken ferry Sewol shouts the name of her missing family member as she waits for their return at a port in Jindo, South Korea. AHN YOUNG-JOON/THE ASSOCIATED PRESS

gers to stay in their rooms and waited more than half an hour to issue an evacuation order as the Sewol sank.

President Park Geun-hye called the captain's actions "unfathomable." Park said the captain and some crew mem-

bers told passengers to stay put while they themselves escaped.

Lee, 68, and two crew members have been arrested.



Lighting candles for the victims.

YONHAP/THE ASSOCIATED PRESS

Jindo island

Identifying the bodies

The bodies are transported to Jindo island, as rescuers notify families waiting at the port, or at a gymnasium where many are sheltering. Bodies without IDs are described to officials in Jindo who relay the details to the relatives.

At the dock, bodies are taken to a white tent for another inspection, then transported to another tent. A coroner there cleans up the bodies, mostly to wipe off oil and dirt and straighten limbs.

Only two pieces of news are delivered here: your loved one is dead, or still missing. **THE ASSOCIATED PRESS**

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Joe Biden set to meet with Ukraine officials

Vice-President Joe Biden launched a high-profile visit on Monday to demonstrate the U.S. commitment to Ukraine and push for urgent implementation of an international agreement aimed at de-escalating tensions even as violence continues.

The United States will decide within "days, not weeks" whether Russia is abiding by the accord, a U.S. diplomat said.

"It's still too early to tell if this is going to succeed," said Geoffrey Pyatt, U.S. ambassador to Ukraine. "The ball is really in Moscow's court in terms of whether they're going to take this diplomatic off-ramp." The United States has threatened additional sanctions against Russia if the agreement is not heeded.

Biden planned to meet with government leaders who took over after pro-Russia Ukrainian President Viktor Yanukovich was ousted in February. The White House said President Barack Obama and Biden agreed he should make the two-day visit to the capital city to send a signal of support for the new government's reform efforts.



People listen and react to a pro-Russian speaker in Luhansk, Ukraine. A. ZEMLIANICHENKO/THE ASSOCIATED PRESS

Biden will hold talks with Arseniy Yatsenyuk and Oleksandr Turchynov, the acting Ukrainian prime minister and president. He also is scheduled to meet with legislators from across the country and democracy activists.

The State Department, meanwhile, said photos available from social media and other sites show Russia has sent forces into eastern Ukraine. The alleged "concerned citizens" who want more autonomy in eastern Ukraine are dressed the same and are carrying the same kind of RPG-30 rocket launchers that are issued to Russian army troops.

A senior administration official told reporters onboard Air

Force Two that Biden plans to announce new technical support to the Ukrainian government to implement energy and economic reforms.

The official, speaking on a condition of anonymity, said the vice-president also will follow up on recent U.S. commitments of non-lethal security assistance.

Biden also plans to discuss preparations for next month's presidential election and the latest developments in eastern Ukraine, where insurgents are accusing leaders in Kyiv of aiming to suppress the country's Russian speakers concentrated in the region.

His trip comes a day after a shootout at a checkpoint in eastern Ukraine manned by pro-Russia insurgents left at least three dead and Ukrainian and Russian officials trading accusations of blame.

The armed clash followed Thursday's announcement in Geneva that talks between Ukraine, Russia, the United States and the European Union produced an agreement to take tentative steps toward calming a volatile situation in eastern Ukraine. **THE ASSOCIATED PRESS**

Air Canada

Two baggage handlers face termination

Two Air Canada baggage handlers set to lose their jobs over a video showing bags being dropped several metres into a bin on the ground were working under intense pressure to move the items quickly, their union said Monday. Handlers are forced to rush so the flight isn't delayed, said a union spokesman.

THE CANADIAN PRESS

33 years on the run

Fugitive captured in Texas

A disabled 78-year-old church deacon living quietly in Texas was arrested Monday by federal agents who said he committed a murder 33 years ago and 2,092 kilometres away. Authorities say Joseph Lewis Miller fled Pennsylvania after shooting a man in a parking lot outside a hotel in 1981. THE ASSOCIATED PRESS

Nigeria

Parents say 234 girls missing

Some 234 girls are missing from the northeast Nigerian school attacked last week by Islamic extremists, significantly more than the 85 reported by education officials, parents told the state governor Monday.

The higher figure came out a week after the kidnappings when the Borno state governor insisted a military escort take him to the town.

THE ASSOCIATED PRESS

Utah

Man shot dead by marshal while attacking witness

The FBI says a defendant has died after being shot by a U.S. marshal during an attack on a witness during a trial in federal court in Salt Lake City. The FBI said 25-year-old Siale Angilau died Monday at a hospital after he was shot in the chest. THE ASSOCIATED PRESS

Friends, family say goodbye to victims

Calgary. Mourning the worst mass murder in the city's history

One was remembered as a wonderful friend who was always ready with a compliment, another as a tiny dancer with huge courage. The third was a skilled drummer who exemplified the statement "all is good."

Three young people were remembered at funerals in Calgary on Monday — all victims in the worst mass murder in the city's history.

Jordan Segura, Kaiti Perras and Josh Hunter were stabbed to death along with Zackariah Rathwell and Lawrence Hong at a house party April 15. The party was being held to mark the end of classes at the University of Calgary.



Pallbearers carry the casket of stabbing victim Kaiti Perras to the hearse at her funeral in Calgary on Monday. MIKE RIDWOOD/THE CANADIAN PRESS

A fellow party-goer, Matthew de Grood, has been charged with five counts of first-degree murder.

Segura's funeral was the first of the day. The 22-year-old was a religious studies student at the University of Calgary

and had worked for the past year at McInnis and Holloway, the funeral home where the service was held.

A plain wooden coffin was covered with a bouquet of white carnations and white roses sat at the front.

Jayda Shreenan, friends with Segura since high school, reassured more than 300 mourners that the university student wasn't alone when he died — he was surrounded by those who loved him.

THE CANADIAN PRESS



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For a complete list of electronics accepted at Drop-off Centres province-wide, call **1-877-462-8907** or go online. **recycleMYelectronics.ca/ns**



EPRA is a not-for-profit organization that provides electronics recycling to Nova Scotia. This program is funded through Environmental Handling Fees that are applied on the sale of new electronic products.

Economic Action Plan. Pollsters told to drop key questions from survey

The Finance Department has ordered its pollsters to stop asking Canadians potentially embarrassing questions about Economic Action Plan advertising.

In 10 public opinion surveys since 2009, Canadians were asked whether they took any action as a result of seeing ads placed with newspapers, TV, radio and the Internet on the benefits of the Economic Action Plan. Results have been in sharp decline in recent years, with a tiny fraction of those polled in 2013 saying they visited the EAP website or called a toll-free number, as the ads urge.

And so the Finance Department now has eliminated the question altogether, along with three other questions that asked Canadians to rate the government's performance. There, too, the numbers had been dropping to new lows.

The Finance Department paid pollster Harris Decima almost \$31,000 to conduct a truncated survey of 2,000 Canadians in early November about their



An EAP sign in Mississippi Mills, Ont.
ADRIAN WYLD/THE CANADIAN PRESS

reactions to a pair of 30-second TV ads and two radio ads. The ads' content was described in detail to respondents, but as few as 13 per cent recalled seeing or hearing the ads, which ran between Oct. 7 and Nov. 3.

No data was collected on any actions respondents took in response to the ads, or their rating of the government's performance, as the questions were quietly dropped.

The opposition parties have called the ads thinly disguised propaganda. Editorials at major news organizations have said the ads are designed to promote the Conservative party with public money.

THE CANADIAN PRESS

Teen who stowed away in plane 'lucky to be alive'



A 16-year-old boy, who stowed away in the wheel well of a flight from San Jose, Calif., to Maui, is loaded into an ambulance. CHRIS SUGIDONO/THE ASSOCIATED PRESS

Stowaway teen. A teen boy ran away from home and boarded a Hawaiian Airlines plane without detection

Officials say a 16-year-old boy is "lucky to be alive" and unharmed after flying from California to Hawaii stowed away in a plane's wheel well, surviving cold temperatures at 38,000 feet and a lack of oxygen.

FBI spokesman Tom Simon said the boy doesn't even remember the flight. "Kid's lucky to be alive," Simon said.

The boy was questioned by the FBI after being discovered on the tarmac at the Maui airport Sunday morning with no identification, Simon said.

Simon said security footage from the San Jose airport verified that the boy from Santa Clara, Calif., hopped a fence to get to Hawaiian Airlines Flight 45 on Sunday morning. He had run away from his family

after an argument, Simon said. Simon said when the Boeing 767 landed, the boy hopped down from the wheel well and started wandering around the airport.

"He was unconscious for the lion's share of the flight," Simon said. The flight lasted about 5 1/2 hours.

Hawaiian Airlines spokeswoman Alison Croyle said airline personnel noticed the boy on the ramp after the flight arrived and notified security.

"Our primary concern now is for the well-being of the boy," Croyle said. Simon said the boy was medically screened and found to be unharmed.

His misadventure raised several security questions.

Rep. Eric Swalwell, a Democrat who represents the San Francisco Bay Area's eastern cities, said that the incident "demonstrates vulnerabilities" in the airport security systems.

The boy was released to child protective services and not charged with a crime, Simon said. **THE ASSOCIATED PRESS**

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Rewards early adopters. Netflix newcomers to pay about a toonie more

Netflix is preparing a sequel unlikely to be a hit with its subscribers. The Internet video service is about to raise its prices for the first time in three years to help pay for more Internet video programming such as its popular political drama House of Cards.

The increase, to take place sometime before July, will hike prices by \$1 or \$2

US per month for new customers. The company's nearly 36 million current subscribers will continue to pay \$8 per month for at least the next year, Netflix CEO Reed Hastings said in a Monday interview.

Netflix announced the looming price increase as part of a solid first-quarter earnings report.

THE ASSOCIATED PRESS

AT&T in America

It's GigaPower to the rescue via super-fast Internet

AT&T plans a major expansion of super-fast Internet services in the U.S. to cover as many as 100 municipalities in 25 metropolitan areas.

The service, called GigaPower, has a one gigabit per second speed that is about 100 times what U.S. consumers typically get with broadband. That means faster video downloads and the ability for more devices to connect to the network without congestion.

THE ASSOCIATED PRESS

The environment

Apple goes green, with free recycling of used products

Apple is offering free recycling of all its used products and vowing to power all of its stores, offices and data centres with renewable energy to reduce the pollution caused by its devices and online services.

The iPhone and iPad maker is detailing its efforts to cultivate a greener Apple Inc. in an environmental section on the company's website that debuted Monday.

THE ASSOCIATED PRESS

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FarmersOnly sows seeds of love via dating website



Chelsea and Daniel Seitz pose at their wedding on Sept. 28, 2013, in Pierson, Man. An online dating site called FarmersOnly promised to steer him clear of city slicker singles. CHRIS JONES/THE CANADIAN PRESS/HANDOUT

Yee-haw! Site brings farmers together to knock cowboy boots, and maybe even to share a happy home on the range

Daniel Seitz was at home on his family's farm in southeastern Saskatchewan, watching a TV agriculture report, when an ad popped up on the screen and tugged at his lonely heart.

An online dating site called FarmersOnly promised to steer him clear of city slicker singles and hook him up with potential partners looking for a man just like him, one comfortable in cowboy boots and living life

Selling the simple life

"City folk just don't get it."

A FarmersOnly ad slogan

on the land.

Two years later, the 27-year-old electrician and cattle farmer is newly married to a horse-riding farm girl who won him over with her smile, with a four-year-old step-daughter and a new baby on the way.

It's an online love story that FarmersOnly founder, Jerry Miller, is hoping to see more of in Canada.

Miller was doing agricultural marketing when he came up with the idea for the dating site in 2005. A divorced, female friend was having trouble meeting men while working long hours on her farm, and found suitors on other dating websites didn't have a clue about what her life was like. The little dating site that grew now has about 1.5 million members.

It's one of many niche dating sites that have popped up in North America in recent years. There are those for different religions and diets, widows and single parents, nudists and smokers. THE CANADIAN PRESS

PG&E pleads not guilty in fatal pipeline case

Pacific Gas & Electric Co. pleaded not guilty Monday to a dozen felony charges stemming from alleged safety violations in a deadly 2010 natural gas pipeline explosion that levelled a suburban neighbourhood in the San Francisco Bay Area.

As survivors of the blast looked on, attorneys for California's largest utility entered the plea in federal court in San Francisco to 12 felony violations of federal pipeline safety laws.

U.S. Magistrate Judge Jo-

seph Spero noted prosecutors' request to increase the maximum fine PG&E could face to more than \$6 million US, if the court decides the company somehow benefited financially or saved money as a result of criminal misconduct.

San Bruno city officials hailed the development as a positive step and said they believed company officials should be charged as well.

"We look forward to PG&E being fined the maximum amount allowed by

Maximum fine

\$6M

"We look forward to PG&E being fined the maximum amount allowed by law to send a message not only to that corporation but to the industry," San Bruno City Manager Connie Jackson said.

law to send a message not only to that corporation but to the industry," San Bruno City Manager Connie Jackson said. "Individuals with-

in the corporation certainly had responsibility for making decisions ... that led to the disaster in San Bruno."

PG&E said in a statement the company is holding itself accountable and does not believe any employee intentionally violated federal regulations. No individual PG&E employees have been charged criminally. Prosecutors could file superseding indictments naming individuals if the investigation warrants.

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NOT ALL PASSIONS COME WITH A PAYCHEQUE

Confucius supposedly said that if you do what you love then you'll never work a day in your life.

This is a nice little aphorism, but there are very few people who manage to see it through. In fact, a 2013 employment poll by Gallup found that only 13 per cent of people are actively engaged at work and the vast majority of employees worldwide report an overall negative job experience.

Transforming a personal interest into a lucrative occupation that provides you with a sense of purpose and accomplishment is definitely possible. I love to write, and authoring my own newspaper column is a dream job for me, but it still feels like a job sometimes — especially when I have a deadline looming.

Jobs come with a certain level of accountability and



SHE SAYS
Jessica Napier
metronews.ca

there are always going to be some mundane administrative tasks to do. We have reports to produce, bosses to answer to and targets to meet and it's unreasonable to assume that every single workday is going to feel like an incredibly gratifying experience.

It's also important to remember that without work, there would be no play. Leisure time is enjoyable because it is free of the responsibilities and expectations that come with a job. Taking something you love to do — whether it's taking photographs or baking pastries or playing the guitar — and turning it into a paycheck is going to change the way you experience that passion.

And yet, we are constantly told that our career decisions should reflect our personal interests. In a 2005 commencement address at Stanford University, Steve Jobs told

the graduating class, "The only way to do great work is to love what you do," and, "If you haven't found it yet, keep looking."

It's an inspiring thought, of course, but how many young people are out there desperately trying to find their life's purpose and coming up short? Not all of us possess a very specific burning desire to practise law or plan weddings or become a marine biologist. Telling someone that they must spend their life searching for their true calling is kind of like saying there is only one special soul-mate out there for each of us and if we can't find him or her then we have somehow failed. There are so many unexpected things that can happen in life to change who you are and what you want to do, why limit yourself to the pursuit of one single career destiny?

You might not always love what you do, but work is just one part of life and it doesn't have to define who you are.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Science has brush with art



A woman views the painting *The Fighting Temeraire* by J.M.W. Turner at the National Maritime Museum in Greenwich, England. The exhibition opened on Nov. 22, 2013, and ended Monday. OLI SCARFF/GETTY IMAGES

Artists' canvases capture air pollution

A new scientific study shows that landscapes painted by the likes of J.M.W. Turner are the picture of pollution. The study, led by Andreas Kazantzidis from the University of Patras, Greece, revealed that artists' stunning sunsets became redder as air pollution increased. Kazantzidis and his team of scientists analyzed hundreds of artworks painted between 1500 and 2000 and found a correlation between events such as volcanic eruptions and the sky coloration on the canvases of some of the artists. **METRO**

Q&A

Study links volcanoes to art

Metro spoke with researcher Andreas Kazantzidis about the study.

Is it fair to say that many artists owe a lot to pollution?
Yes, for many of them it's true. The images would not be so romantic as we see them now.

Why are some of the sunsets and sunrises redder?
The basic idea is that we can scientifically demonstrate the

fact that the change of atmospheric constituents (aerosols) affects the colours depicted in the paintings. There are different colours in sunset and sunrise because there are different constituents in the atmosphere.

What part of the world did you look to?

Most of our research corresponds with the atmospheric conditions in Europe. In some paintings you see significant changes in the colours and this is connected to volcanic eruptions.

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 10 in News, page 15 in Scene, page 20 in Life, and page 22 in Sports.

MetroTube

Look, Mom, I'm flying through fireworks



ANDREW FIFIELD
metronews.ca

Ask me to name the thing I'd most like to be mass-produced to the point of affordability for humble folk: It's the remote control quadcopter. Think of it as a personal drone.

Not for nefarious purposes, of course. It's mostly because an earlier dream of owning an elite model airplane is sadly antiquated by now. However, this person's fabulous idea to send their DJI Phantom into a fireworks show makes a pretty good case, too. The song is *Arcade Fire's Sprawl II*, in case you're wondering. (Via Gasper C on Vimeo)



GETTY IMAGES

DVD review



Sorcerer

Director. William Friedkin

Stars. Roy Scheider

Almost as risky as Sorcerer's central plot of transporting nitroglycerine was the decision by William Friedkin to essentially remake Henri-Georges Clouzot's 1953 Cannes winner The Wages of Fear. How do you improve on a masterpiece? You can't, and Friedkin didn't, which explains why this 1977 thriller by The French Connection director was treated as an expensive indulgence back in the day. But time and critical reappraisals have been kinder, justifying Blu-ray ballyhoo. The canvas is broader but the main story remains: Four men with two trucks loaded with highly volatile nitro must travel hundreds of kilometres over rough South American terrain to blow up an oil well fire. The nitro's split between two trucks, because nobody believes both vehicles will make it. What the film lacks in novelty, it makes up in genuine suspense, aided by a nerve-jangling electronic soundtrack by Tangerine Dream.

PETER HOWELL

Finding the true Felix

Orphan Black. Metro sits down with actor Jordan Gavaris to discuss the evolution of his character on the show

LISA
WEIDENFELD
Metro World News

Jordan Gavaris plays heroically helpful foster sibling Felix to main clone Sarah on Orphan Black. We talked to him about what's ahead for him in Season 2, airing Saturdays at 9 p.m. ET on Space, and whether Felix is finally getting fed up with Sarah taking him for granted.

The Season 2 poster seemed to imply that Felix and Alison will be getting closer this season. Would you say that's accurate?

Oh, you may be onto something. I think that poster is filled with Easter eggs. Felix and Alison do have a close relationship this season and I can't say as to whether or not it comes at the cost of Felix and Sarah's relationship, but I can tell you there's a real point of contention between Felix and Sarah that will come to a head and Felix will make a decision. I think he's been living life as an accessory to the Clone Club and it's time that he claimed a piece of his identity, because after all, that's thematically what the show's about. It's about identity. It's no surprise and it's not an accident that Felix loses a bit of his identity in the Clone Club.

What is it about Alison that draws him in? She's so different from him.

She's so different and yet she's



Jordan Gavaris plays Felix in Orphan Black. COURTESY SPACE

the same. In a different life, I would say that Felix could have easily been a suburban gay dad and I think that in a different life, Alison could have been some sort of superfluous, frivolous girl with her gay best friend. I think that they missed each other's archetype by just a hair. I think that's what's cool about the show and one of the recurrent themes is that it's not so much about "How are you different from me?", it's "How are we the same?" Felix and Alison for all intents and purposes, should hate each other, but they found a common thread.

Will we see Felix get a bit more of his own plotline this season?

It was something that I really pushed for and something (co-creators) John (Fawcett) and

Graeme (Manson) were really excited to do. I think first season he's so willing to submit, he just rolls into submission when it comes to being an asset to the Clone Club, being their only ally. But in reality, how long could a person realistically go living in fear without saying, "No" some of the time, or asking some questions or getting frustrated because they lost who they are? I think this season in particular it was just really important to me to capitalize on truth and honesty and humanity and say, well, yes, he's a great brother, but he's also human and he's going to say "No" sometimes, because Sarah's requests keep getting more outlandish and more dangerous.

Will Felix lose patience with Sarah's requests?

I think so. I think it may not play out the way the audience expects it will play out, but there will be some conversations between the two of them, some fraught conversations, and we get to see Felix as an entity outside of clone club.

What was your favourite scene to film this season?

There's a romantic connection that Felix has this season that is not just romantic, but an important connection for him as an individual, and I think it was probably one of my favourite things to do this season. It was also one of the scariest because in these particular moments he's very open and honest and real, and that was tough for me because Felix is a character that loves to wear masks.

2 SCENE



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Here we Chloe again, with a Jacked up 24

Broken trust. Mary Lou Rajskub is a combative Chloe opposite Jack as 24 makes a comeback

24 star Mary Lynn Rajskub says she had put the action-packed spy series well behind her when word came down that Jack was coming back.

"I honestly spent like two or three days in shock, like, 'What do you mean?' Just, like, walking about the house to my husband going, 'What? How is this really happening?'" Rajskub said in a recent phone interview from Venice, where she was on a break from the London set.

"But then I had a long time to warm up to the idea and it was quite a while before they approached me in particular. So by the time they came to me with the offer I was just like, 'OK, I'm ready, I'm just waiting for you guys to call.'"

Four years after the addictive serial ended, the groundbreaking franchise is gearing up to unleash 12 new episodes



Mary Lynn Rajskub and Kiefer Sutherland at a panel for 24: Live Another Day. RICHARD SHOTWELL/INVISION/THE ASSOCIATED PRESS

in the high-octane saga of counter-terrorism agent Jack Bauer, played by Kiefer Sutherland.

In 24: Live Another Day, Rajskub returns as computer whiz Chloe, but after such a

long time away from the role she says it took her a while to get used to the idea of resetting the clock for yet another adventure.

"(After the finale) I spent the first year or two thinking

that the movie might happen and then after that it was like, 'OK, this is done, moving on,' Rajskub says.

"And I had started doing stand-up comedy and comedy again and I was just starting

Volatile reunion

"The stuff I was most nervous and most excited about is when Jack and I first encounter each other."

Mary Lou Rajskub describes head-butting reunion of the characters she and Kiefer Sutherland reprise in 24: Live Another Day.

to go on the road doing my longer sets when I got the call about 24, which was kind of hilarious. It was, like, 'OK, I'll drop this comedy and let's go back to 24.'"

The new batch of episodes picks up several years after the events of the series finale back in 2010. Jack is on the run and Chloe is in a dark place emotionally, says Rajskub.

"Her relationship with Jack is very bad, she doesn't like him very much, she doesn't agree with him and that was a cool thing for us to play because we don't see eye-to-eye and that was the first time I think Chloe's been confrontative with him and even more

so because she suffered a personal tragedy," she says.

"That's kind of put her into this tailspin ... and she became very anti-government because of that and she works for this company ... which is similar to a WikiLeaks-type situation. She's feeling bad."

According to Fox, the new shows retain the same fast-paced format with split screens and interweaving storylines fans are familiar with, with 12 hour-long episodes this time representing 24 hours.

Rajskub describes the comeback as an "amped-up" version of the original.

"There's more explosions, more visuals, especially being in London ... and I think it's just everyone is paying careful attention to make sure that it lives up to it but still remains 24," she says. **THE CANADIAN PRESS**

Espionage saga returns

24: Live Another Day debuts May 5 on Global and Fox with two back-to-back episodes.

Blossom Domestic Short Hair

Five-year-old Blossom came to us after being transferred from an Annapolis Valley cat rescue. Blossom is affectionate and has plenty of energy for visitors... when she isn't taking a cat nap. She loves visits and while she isn't ready to be held, she may just curl up for a tummy rub. Her friendly personality has made her a popular girl in the adoption room and we are confident she will make a lovely addition to the right forever home. If you would like to meet Blossom, please visit us today.



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Don't you worry, child. Dance music scene brings family raves to the clubs

The bass is pumping, the lights are low and the dance floor of the club is heaving.

It's the weekend and the young man is enjoying himself — until someone steals his balloon.

Dressed in a Spiderman outfit, the four-year-old boy runs to his dad by the bar to complain, before receiving a glow-stick in consolation.

Such are the highs and lows of family raving, a new craze fuelled by London's ex-clubbers who still want to go dancing but now have kids in tow.

"What a genius idea: beer, raving, children. What more could you want?" said Paul Crawley, 34, swaying slowly on the dance floor carrying his baby daughter Camille in a sling.

"The worst thing is I was invited out last night, but I said 'No, I've got to stay sober for this party.'"

Family discos and raves are increasingly common across London, as the clubbers who once packed world-famous venues such as Min-



Cosima, 8, is carried by her father at the Big Fish Little Fish 2-4 Hour Party People event in Brixton, South London, on April 12. LEON NEAL/AFP PHOTO

istry of Sound get older and have children.

"We haven't stopped being people with our own interests," said Hannah Saunders, a 45-year-old former civil servant who organized this party.

Her events company, Big Fish Little Fish, is aimed at (and the pun is intended) "two-to-four hour party people" who like to strut their stuff before getting

home for the kids' bedtime.

By the end of the party there are empty plastic pint glasses piled up on tables, but most people are sober, fully aware of their responsibilities as parents.

"The toxins we were pouring into our bodies (when we were younger) were neither here nor there. Actually we still like music and dancing, and we can still do that," Saunders said. **AFP**



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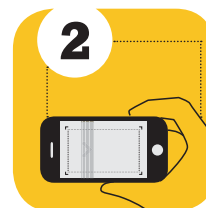
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Peaches Geldof ALL PHOTOS GETTY IMAGES

British celebrities gather at funeral for Peaches Geldof, laid to rest at age 25

On Monday, celebrities gathered for the funeral of the British model and TV personality Peaches Geldof, who died at age 25 earlier this month.

Model Kate Moss and former Rolling Stones bassist Bill Wyman were among those attending the private service at a village church in Kent, southern England.

Geldof married her second husband Tom Cohen at the

same church. It's also where her mother Paula Yates' funeral was held when she died of accidental drug overdose in 2000.

It is not yet known what caused the sudden death of Geldof, who was found at her home on April 7. Police say it was "non-suspicious and unexplained," and a toxicology report could take several weeks.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lohan reveals miscarriage and dishes on infamous list



THE WORD
Dorothy Robinson
scene@metronews.ca

Sunday night's episode of Lindsay, the Oprah Winfrey-produced reality show featuring America's favourite red-headed train wreck, Lindsay Lohan, was pretty dishy. Not only did Lohan drop the bombshell that she suffered through a miscarriage earlier in the season, but she claims her infamous "sex list" was stolen from rehab.

Regarding the miscarriage, Lohan was explaining why she missed days of filming her show, which was caught on camera: "No one knows this — I had a miscarriage for those weeks that I took off," she claimed. "I couldn't move, I was sick ... Mentally, that messes with you." The father was not named.

She also opened up about her infamous sexual conquest list, confirming



the list's authenticity and shedding light on its origins. "That was part of my Betty Ford (treatment) — it's step number five or step number eight, your sexual inventory. You write that for your sponsor. That was in my Betty Ford book," she said. "That's something I didn't show anyone aside from my sponsor, who's also a very well-known person." So how did the list make its way into the pages of tabloid In Touch? "When I was moving and I was at the Beverly Hills Hotel, there were two people there who helped me move," the troubled starlet says. "Someone took a photo (of my Betty Ford book) and I'm pretty sure I know who it is, and they're not part of my life anymore."

Less is Moore for Demi as information of impending nuptials too much to take

Demi Moore is looking to be anywhere but Los Angeles for ex-husband Ashton Kutcher and Mila Kunis's big wedding, according to Star magazine. "Demi is tapped into Ashton and Mila's wedding planning and she's telling friends that she's going to get out of town during the time frame of when the wedding and pre-and post-wedding festivities will go down," a source says. "Demi knows she'll have to endure hearing about the affair — which Ashton is telling mutual friends will be huge and full of A-list Hollywood and tech friends — and seeing pictures. But the wound is still fresh from their divorce, and Demi doesn't want anything to trigger a relapse." So just what will Moore be doing instead? "When she gets word ... about the exact date, she's booking a trip to the yogic spiritual center of



Demi Moore

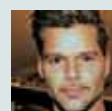
India, Rishikesh, where she'll submerge herself in days of waking at 4 a.m., chanting, meditation, yoga by the Ganges River, light eating of only meagre portions of vegan foods and dressing in saffron-coloured robes."

Twitter



@lenadunham

Well, 5:30 am, we meet again, despite the fact that I just keep talking s--- about you on the internet.



@ricky_martin

If u pay attention, you move ahead!



@kevin_nealon

If your wife lets you use her shampoo that means she's hiding the good stuff somewhere else.

Brand in deep GOOP due to grandiose owings?

It looks like Gwyneth Paltrow is having more than just marital problems. Her lifestyle empire GOOP appears to be in serious trouble, according to corporate filings obtained by Radar Online just days after the company's CEO, Sebastian Bishop, unexpectedly stepped down. While GOOP brought in plenty of money in 2012 — with total declared income of \$1.8 million — the company operated at a loss due to just as much in "administrative expenses," including salaries for Paltrow and Bishop totaling nearly \$600,000 each in addition to "loans to directors" — \$49,000 to Paltrow and \$84,000 to Bishop — that were never paid back. All told, GOOP ended 2012 operating at a loss of nearly \$40,000.



Gwyneth Paltrow



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Don't be a selfish lover, let go of the past and have some smoked salmon for lunch. Whether you need to press the reset button or start from scratch, love, health and fitness experts have some reminders of how to live your life — better.

ROMINA MCGUINNNESS Metro World News in London

Don't be a selfish lover

"Have sex at least once a week. It's important to put yourself through the motions — especially when you're in a serious relationship — even if your mind needs a little time to catch up with your body," says Ian Kerner, sexuality counselor and author of *The Big Fun Sexy Sex Book*. Masturbating to thoughts of your partner also helps to fuel long-lasting desire but indulge sparingly, he adds: "Orgasm is a powerful reward. If you get used to self-pleasuring and taking care of your own needs, you will slowly start to disconnect yourself from your partner and isolate your feelings."

Unshackle yourself from the past

Your life, the one that you're living right now, has nothing to do with what happened five years or two weeks ago. The past is a collection of thoughts that affects and influences us 24/7, but that we can't physically deal with. We're frustrated with an illusion, not a reality. So if a thought makes you unhappy, don't deny it; instead, try to fill your mind with something more positive, says Kerner. "Your happiness should never depend on someone else's unhappiness. So be accountable for your mistakes — being the victim is the easy way out," he adds.

Have casual sex — but be selective

Single? Turn your room into a love nest, says Kerner. "Whether you splash out on some nice sheets or buy a sex toy or two, turn your bedroom into a romantic place you're happy having sex in. That said, too many people have casual sex and end up feeling yucky and ashamed so only sleep with someone you know you won't mind waking up with. You're less likely to regret it if you actually like the person and it might well turn into more..."

Social media is powerful — make the most of it

Book an appointment with yourself in the same way you would schedule a doctors appointment, recommends Charli Cohen, a luxury sportswear designer and personal trainer based in London. "If you make yourself accountable to yourself by sharing your plans on various social media platforms, you'll look a little silly if you bail and then someone asks you about that 'excruciating' spinning class you posted about," she explains.

Eat a cleverly packed lunch

"Prepare what food you can in advance so you can take it to work in a Tupperware. Just make sure you get some protein and fibre in there — you'll end up with a meal that's much better rounded than a bowl of pasta," says Cohen. If you're lacking inspiration or time, then go for no-nonsense options, such as cooked chicken, smoked salmon, avocados and vegetables that can be eaten raw such as pepper and cucumber, she suggests.

Concentrate on living

Your actions and your thoughts have to be going in the same direction, says London-based life coach and well-being expert Master Simon Lau: "The body doesn't understand trends or desires — only your ego does. So when you're doing something, just concentrate on that, otherwise, your body is never going to enjoy whatever it is that you do. When you eat, concentrate on eating, when you work, concentrate on working," he recommends.



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Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 John Legend All Of Me
- 5 Calvin Harris Summer
- 4 Down With Webster Chills
- 3 Demi Lovato Neon Lights
- 2 Avicii Hey Brother
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What's your culture?



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

What kind of yogurt should I eat? Is it really that good for you? What does it do? Is one really better than the other? What is the difference? What is kefir?

You know you've stood in the dairy aisle, freezing, and asking yourself these questions!

Yogurt and kefir are both milk products that can be made from the dairy of any animal. The differences are:

- The animal that the milk came from
- The type of bacteria used to ferment the milk
- What/how much sugar and flavouring were added

In general, your bowel benefits from a variety of good cultures, which

means that adding both is most beneficial. And yes, it is really that good for you to have a plethora of them in your gut! It's these good bacteria in your system that help break down food, convert nutrients into a usable form and carry those nutrients to the rest of your body.

Many prefer organic yogurt as it comes from cows fed organic grains and raised on pasture, which may contribute to a higher nutrient profile of the milk.

Ideally, you want a yogurt that is as low in sugar and high in protein as possible.

Greek yogurt has been strained of more liquid to increase the thickness, calcium and protein, but if it is loaded up with sugar, gelatin and flavour, well, it isn't any better for you.

You know what? Let's make this even simpler. Eat yogurt, OK?

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Homemade Chicken Strips with Yogurt Dip. You'll never go back to the fast-food version after you make these simple dippers

THERESA ALBERT
myfriendinfood.com

Most chicken strips on the market are made with more fat and salt than you would like.

The crust usually consists of white flour and they're often deep-fried before they're frozen.

Sometimes they are whole pieces of chicken but often they are pressed, processed bits. You can do better and it won't take more than 10 minutes. If you make a double batch and freeze them, you are much further ahead.

1. In a large bowl, toss together bread crumbs, cornmeal, paprika, celery salt, onion powder, garlic powder and poultry seasoning. In a separate plate mix together yogurt, honey and water.

2. Slice chicken breasts into thin strips about the thickness of tenders.

3. Dip chicken into yogurt mixture and dredge in bread crumb mixture. Lay in a single layer on cookie sheet and bake immediately at 350 F for 15-25 minutes (de-



This recipe serves six. THERESA ALBERT

FLASH FOOD



From your fridge
to your table in
30 minutes or less

pending on the thickness of the strips). The cookie sheet can go directly into the freezer for storage. Once frozen, remove strips to a freezer bag and bake directly from frozen: 325 F for 25 to 35 minutes.

4. Cucumber Yogurt Dip: While strips are baking, grate cucumbers and remove all the moisture (strain

Ingredients

- 1 cup whole grain bread crumbs (or 1/2 cup bread crumbs + 1/2 cup wheat germ)
- 1/4 cup cornmeal
- 1 tsp paprika
- 1/2 tsp celery salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp poultry seasoning
- 1/2 cup plain yogurt (not Greek)

- 1 tbsp liquid honey
- 2 tbsp water
- 4 boneless skinless chicken breast halves

Cucumber Dip

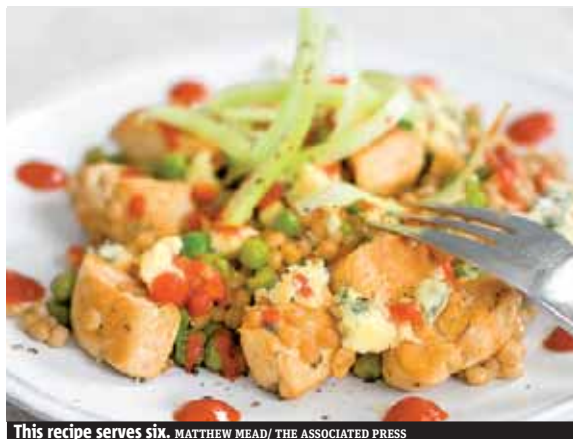
- 1 1/2 cups cucumber, grated
- 1 cup plain yogurt
- 1/2 tsp lemon juice
- 1/2 tsp sea salt
- 1/2 tsp garlic, minced or dried

through cheese cloth). In small mixing bowl, blend yogurt, lemon juice, salt and garlic. Stir in cucumbers.

THERESA ALBERT IS A FOOD COMMUNI-

CATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Finger food makeover: Buffalo Chicken & Peas



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Invented in Buffalo, N.Y., during the '60s, Buffalo chicken wings have become a North American favourite. Big surprise! If fat is where the flavour is, and if everyone's a sucker for flavour, Buffalo chicken couldn't lose.

This recipe transforms it into a weeknight meal. Using all of the dish's signature elements, and adding orzo or couscous and peas, it turns finger food into a dinner-in-a-pot pasta dish. It is quick to make, big on flavour, and much lighter.

1. Bring a large pot of salt-

ed water to a boil.

2. While the water heats, melt the butter in a large nonstick skillet over medium heat. Add the chicken and cook, stirring, until just cooked through, 3 to 5 minutes. Stir in the hot sauce and a hefty pinch of salt, then set aside.

3. Add the orzo or couscous to the boiling water, stir and cook according to the package instructions until it is almost al dente. Add the peas, then return the water to a boil. As soon as the water returns to a boil,

drain and add the peas and pasta to the skillet. Return the skillet to medium heat, add the chicken broth and bring to a simmer. Cook for 1 minute, or until the pasta is tender.

4. Add the blue cheese and-

Ingredients

- 1 tbsp unsalted butter
- 8 oz boneless, skinless chicken breasts, cut into 1/2-inch cubes
- 1 to 2 tbsp hot sauce, or to taste
- 8 oz whole wheat orzo or whole wheat Israeli couscous

simmer until the cheese is melted and the sauce has thickened. Transfer to 6 bowls and top each portion with some of the celery. Serve immediately.

THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

- 2 cups frozen peas
- 3/4 cup low-sodium chicken broth
- 3 oz blue cheese, crumbled
- 1 cup finely chopped celery

Mooseheads hope to narrow Foreurs' lead

QMJHL playoffs. Not officially a must-win for Halifax, but it's close



GEORDON OMAND
halifax@metronews.ca

The Halifax Mooseheads are in desperate need of a win in Val-d'Or on Tuesday night to get back in their third-round series.

The Herd stumbled in back-to-back games last weekend at home as the third-seeded Foreurs took a decisive 2-0 lead in the best-of-seven QMJHL semi-final series.

But the Mooseheads have a chance this week to turn it around.

"We have a game on the road (Tuesday) night that we want to win," said Mooseheads coach Dominique Ducharme about Game 3.

"That's the only thing we're thinking about," he added.

"We don't look behind; we don't look too far ahead — we're preparing for tomorrow's game."

A 5-2 loss on home ice on Friday to the visiting Foreurs had the Mooseheads promising a turnaround for Game 2 — a turnaround that never came.

Despite a more energetic performance the following night, they dropped a 4-2 decision on Saturday, which included surrendering three goals by the 7:10 mark of the



Halifax Mooseheads forward Nikolaj Ehlers puts a shot on Val-d'Or Foreurs goaltender Antoine Bibeau on Saturday night in Game 2. JEFF HARPER/METRO

first period.

Still, Ducharme felt the game was an improvement over Friday.

"We were better in Game 2 (than Game 1), and we want to be better in Game 3," said the Mooseheads' bench boss.

"We want to be better than we were on Saturday; we want

to be bring our best game."

The Mooseheads will have to capitalize on more of their scoring opportunities if they hope to remain championship contenders.

The Herd outshot their opponents by a wide margin in the first two games — 31-23 in Game 1 and 32-20 in Game 2

— but they just couldn't find the back of the net enough. Val-d'Or's solid defensive play has shut down the Mooseheads' normally high-scoring offensive machine.

Foreurs netminder Antoine Bibeau's stellar performance both nights has also been a key to Val-d'Or's victories.

TV schedule

Games 3 and 4 are taking place on Tuesday and Wednesday in Val-d'Or at 8:30 p.m. Both games will be televised by Eastlink TV.

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Wild tame MacKinnon, Avs

NHL playoffs. Minn. climbs back into series with OT win in battle of the backstops

Mikael Granlund's diving goal 5:08 into overtime gave the Minnesota Wild a 1-0 win over the Colorado Avalanche in Game 3 Monday night to pull within 2-1 in the best-of-seven series.

Semyon Varlamov stopped 45 of 46 shots, a franchise playoff record for shots on goal by the Wild.

Granlund cut toward the net for a wrist shot, and as he was falling forward took a stab at the puck to finally put one past Varlamov.

Darcy Kuemper made 22 saves, but the Wild goalie, in his first career playoff start, was just as good as his counterpart.

Game 4 is at Xcel Energy Center on Thursday.

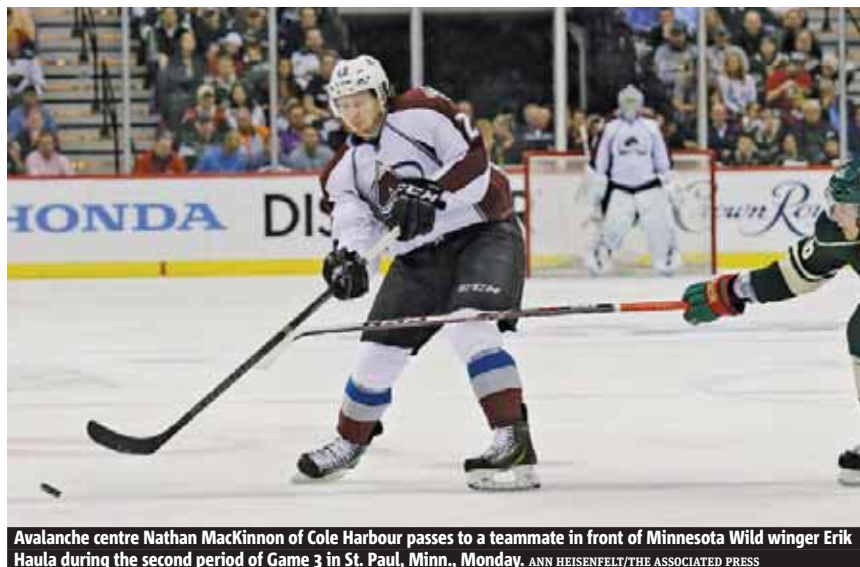
After the Avalanche line of Nathan MacKinnon, Paul Stastny and Gabe Landeskog combined for 17 points and seven

Game 3	
1	0
Wild	Avalanche

goals over the first two games, the Wild kept them from doing any damage.

The Wild shuffled their lines, with veteran Dany Heatley's move off the scratch list the most notable change, and played their style. They simply didn't get enough guys to the net for long rebounds Varlamov has a tendency to produce.

The arrival of Cole Harbour's MacKinnon, the first pick in the 2013 draft, and the hiring of Hall of Fame goalie Patrick Roy as coach were clear factors in Colorado's rise from second worst in the NHL to third best. But the rapid ascent of Varlamov, who broke Roy's franchise record by winning 41 games, was right up there, too. Roy believes Varlamov is an MVP candidate as well as a



Avalanche centre Nathan MacKinnon of Cole Harbour passes to a teammate in front of Minnesota Wild winger Erik Haula during the second period of Game 3 in St. Paul, Minn., Monday. ANN HEISENFELT/THE ASSOCIATED PRESS

contender for the Vezina Trophy for top goalie.

After wasting a 4-2 lead in Game 1, giving up the tying goal with 13 seconds left to Stastny, as well as the overtime winner, the Wild badly needed to recapture some energy. They

did so from the opening face-off, firing up a crowd that's been waiting 11 years for a playoff series victory.

The Wild finally figured out how to contain the super-fast MacKinnon, forcing the 18-year-old wonder to have to

stay in his own zone. They had the Avalanche on their heels for the majority of regulation. Matt Cooke was all over the ice in his 100th career playoff game, colliding with just about every white Colorado jersey.

THE ASSOCIATED PRESS

NHL playoffs. Columbus fails to net first playoff home win vs. Pittsburgh

Brandon Sutter, Lee Stempniak and Jussi Jokinen scored in a span of 2:13 of the third period to revive the Pittsburgh Penguins in a 4-3 victory over the Columbus Blue Jackets on Monday night.

Pittsburgh took a 2-1 lead in the best-of-seven playoff series thanks to the goals on three consecutive shots. Game 4 is on Wednesday night.

Brooks Orpik added a goal in the final seconds of the second period as the Penguins stormed back from deficits of 2-0 and 3-1. Marc-Andre Fleury had 17 saves.

Boone Jenner and Jack Johnson staked the Blue Jackets to an early lead in the opening 3:18, with Cam Atkinson getting credit for a goal early in the final period that stretched the lead to 3-1.

But then the Penguins found their game, dominating with a 41-20 advantage in shots on goal and controlling the pace to disappoint a raucous overflow crowd of 19,148.

Beau Bennett and Paul Martin each had two assists for the Penguins, as did Brandon Dubinsky for the Blue Jackets, who were trying for their first playoff victory at home. They were



The Penguins' Evgeni Malkin and Blue Jackets' Nick Foligno chase the puck. THE ASSOCIATED PRESS

Crowd control

Columbus' front office sold tickets to Ohio addresses first, cutting down on long-distance buyers. As a result, the crowd was decidedly partisan for the Blue Jackets.

0-5 in the post-season until pulling off a stunning 4-3 double-overtime victory Saturday night in Pittsburgh.

THE ASSOCIATED PRESS

NBA

Raging Bull Noah named top D-man

Chicago Bulls centre Joakim Noah was named the NBA Defensive Player of the Year on Monday in front of friends and family.

"This is very humbling to be in this situation right now," Noah said at a news conference where his family was in the front row.

Noah joins Michael Jordan in 1988 as the only Bulls players to win the award. THE ASSOCIATED PRESS



Scan this image with your Metro News app to view images of the most colourful moments of Joakim Noah's career.

THE CANADIAN PRESS

NBA

Grizz bear down to beat OKC in OT

Zach Randolph scored 25 points to help the Memphis Grizzlies defeat the Oklahoma City Thunder 111-105 in overtime on Monday night and tie their first-round playoff series at one game apiece.

Mike Conley added 19 points and 12 assists for the Grizzlies. Kevin Durant had 36 points and 11 rebounds for the Thunder.

THE ASSOCIATED PRESS

MLB

Red Sox comeback falls short vs. O's

A year after the Boston Marathon bombings, the Red Sox had plenty of chances to make a special day even more memorable.

They almost succeeded. Boston scored one run in each of the last three innings — stranding runners in scoring position in all of them — in a 7-6 loss to the Baltimore Orioles in Monday's traditional Patriots' Day morning game.

Not bad, though, considering the Red Sox trailed 6-0 after three innings.

THE ASSOCIATED PRESS

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The Web.com Tour's only Canadian stop.
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Horoscopes

Aries

March 21 - April 20

You will be somewhat impatient today, especially on the work front where you can't understand why some people are unable to keep up with you. Calm down and make allowances.

Taurus

April 21 - May 21

It would be nice if everyone shared your way of looking at the world but it won't happen, so don't try to persuade those who see things from a different angle.

Gemini

May 22 - June 21

Misunderstandings are likely over the next 24 hours, so make sure you spell out what you are trying to accomplish and make sure everyone is on the same wavelength, because if they are not the results could be chaotic and costly.

Cancer

June 22 - July 23

Today's powerful Mars-Jupiter link warns you must not say or do anything that might bring a profitable relationship to an end. Important people must be handled with care over the next 24 hours.

Leo

July 24 - Aug. 23

You can be a bit impetuous at times and the planets warn you must make sure you know what is going on before jumping head first into situation you know little about. Let others make the first moves.

Virgo

Aug. 24 - Sept. 23

It's not often a Virgo is easily parted from their cash but the current cosmic set-up warns that's a real possibility today. Don't let it happen.

Libra

Sept. 24 - Oct. 23

It's one thing to make bold decisions but it's another to make sure they are the right decisions. If you call it wrong the repercussions could be massive, so think deeply and act cautiously.

Scorpio

Oct. 24 - Nov. 22

Everyone takes a wrong turn now and again, so don't be surprised if the planets start nudging you in a new direction. There is an ideal path for you and you will be reminded where it is today.

Sagittarius

Nov. 23 - Dec. 21

There may be an element of risk in what you are planning but if you don't go ahead with it you will hate yourself for being so timid. Prepare and then jump right in!

Capricorn

Dec. 22 - Jan. 20

You may be entitled to get angry with someone who has let you down but is it worth the effort? Forgive and forget, not least because they will then be in your debt, and that could be useful.

Aquarius

Jan. 21 - Feb. 19

The planets indicate that your best course of action today is to take no action at all. With Mars and Jupiter battling it out, keep your head down and let others take the risks.

Pisces

Feb. 20 - March 20

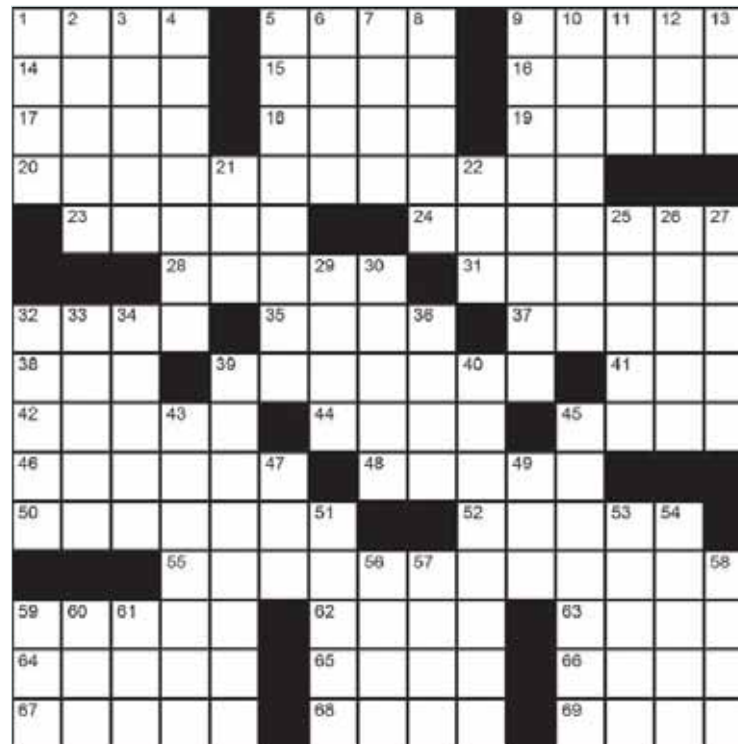
Other people do not have the right to dictate what you should do and how you should do it. If you are part of a team there must be equality — make sure they know that.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Rowed ride
5. "Yes, ___!"
9. Yellow: French
14. Ms. Kendrick
15. Moreover
16. AVOIR: I' ___
17. Jackie Wilson's "___ Petite"
18. Military maneuver
19. Mustard brand
20. Sci-fi attraction in Moonbeam, ON: 2 wds.
23. Ben Stiller's actress mom Anne
24. Sweetened
28. Grammy Awards org.
31. Book-marked page
32. Costa ___
35. Village dubbed 'A Little Bit of Holland in Saskatchewan'
37. '___ my Eggo!' (Kellogg's waffles slogan)
38. Green
39. Halifax Harbour part, ___ Basin
41. Swiss peak
42. "Ally McBeal" singer Ms. Shepard
44. ___ record (Feat in sports)
45. Chemical suffixes
46. Car part
48. Fasten a brooch again
50. What's-his-name
52. John Candy comedy, "___ Buck" (1989)
55. "Moments" Canadian country band: 2 wds.
59. Saskatchewan village since 1911
62. Born-in-Calgary American politician Ted
63. Above
64. Reality star Spencer



55. "Moments" Canadian country band: 2 wds.
59. Saskatchewan village since 1911
62. Born-in-Calgary American politician Ted
63. Above
64. Reality star Spencer

65. The Jetty ___
- Havre (Claude Monet painting)
66. Are, no more
67. New employee
68. Author Mr. Bellow, born in Lachine, QC
69. Canada ___ (Some ginger ales)

Down

1. Chuck it up
2. "A Nightmare ___ Street" (1984)
3. Keep ___ on (Watch out for)
4. Regina-born star Ms. Maslany of "Orphan Black"

5. Cape Breton Island vacation destination, ___ River Valley
6. Worrisome word
7. ___ Minor
8. 'M' of M.O.
9. "Canadian Idol" judge: 2 wds.
10. Median

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

11. Dubai's locale [acronym]
12. Author, Anais ___
13. 'Host' suffix
21. US gun gr.
22. Cow's chew-ee
25. "The Exorcist" (1973) daughter
26. Don Henley or Glenn Frey
27. Loses hold
29. Elaborates
30. "60 Minutes" Toronto-born journalist, Morley ___
32. Dreams: French
33. Prefix to 'clast' (Image breaker)
34. Miami Sound Machine hit
36. Speck
39. Randy Bachman, to Burton Cummings
40. Long-locked lass of lore
43. Kitchen set
45. Half-and-happening humans: 2 wds.
47. 'Computer' suffix (Techie jargon)
49. Non-affiliated politician [abbr.]
51. Marine menaces, seals would say
53. "What am I, chopped ___?"
54. All
56. Miss: Spanish [abbr.]
57. City of Finland
58. '70s hit: "___ Tu"
59. U.S. driver's speed
60. Verdi aria: "___ Tu"
61. Paddle

Yesterday's Crossword

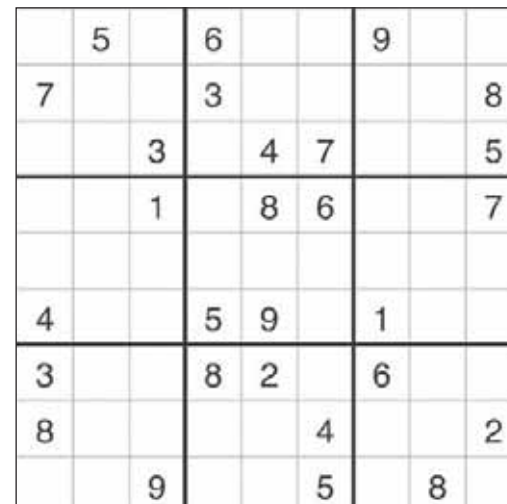


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

15°/1°

Rain

80%

Wednesday

9°/-1°

Variable

Know what the weather will be 14 days from now.

Check the 14 day trend.

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24 SEP

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